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speaks out pages 10, 11, 14

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# Twisted girders halt bridge work

**Construction.**  
Groat Road to close indefinitely and 102 Avenue crossing could see significant delay



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

Groat Road will be closed indefinitely and the 102 Avenue Bridge over top of it could be delayed a year in the wake of a major structural failure during construction Monday morning.

Four of the seven steel girders crews were attempting to install over the weekend suddenly buckled at about 2:15 a.m., causing a complete construction shutdown as the city struggled to determine the cause.

"There's no one single factor at this time because we're in the early stages of the investigation," said roads design and construction branch manager Barry Belcourt, adding the city would be working overtime to try to determine the cause.

He said it's unclear if the girders can be fixed or if they will need to be replaced.

For safety reasons, Belcourt



Four girders buckled early Monday morning, leading to the complete suspension of construction on the site and an indefinite closure of Groat Road below.  
RYAN TUMILTY/METRO

said traffic won't be allowed on Groat Road until the investigation leads to more answers on the cause of the partial collapse.

"Those are 40 tonnes of steel so we don't want anything to happen," he said.

If the buckled girders have to be replaced, Belcourt said, it would mean a year-long delay

to the bridge project.

"You can't go to Costco and buy these," he said.

He said if the girders have to be removed, it could be weeks before Groat Road can re-open.

"It's going to take a lot longer to dismantle than it did to erect," he said.

According to the city, 40,000

vehicles use Groat Road per day.

The construction company and steel fabricators have all worked successfully with the city before and nothing like this has ever happened in the past, Belcourt said.

The design is also fairly unremarkable, he added.

"This is a cookie-cutter

bridge," he said. "There is nothing extreme about it."

Mayor Don Iveson said just based on what he has seen of the bridge, this is going to be a painful delay.

"There are going to be significant delays as a result of this. I think we all have to brace ourselves for that."

## Impact

### Businesses fear extended closure

Businesses along 102 Avenue, which have already dealt with a year-long closure of the road, worry further delays will keep putting stress on their finances.

Allison MacLean, owner of the Carbon Environmental Boutique, opened her business just days after the 102 Avenue bridge closed. As such, she said, she doesn't have a comparison for her own sales, but has heard from other business owners about a decline in sales since the shutdown.

"Some businesses are five per cent down, some are 12 per cent, some are 30 per cent," she said.

MacLean said some customers specifically seek out her store, but part of the reason for moving to the area was for the foot traffic, which has now dwindled.

"We wanted that exposure."

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# Alberta expands on student job credits

Alberta is adding 24 new options for students to try their hand at skilled labour while still in high school, which will count as credits in the post-secondary world.

On Monday, Innovation and Advanced Education Minister Don Scott announced the new dual-credit partnerships, which add

to 26 existing programs offering students a chance to earn post-secondary credit or workplace certification while still in high school.

"These opportunities will broaden the options students have to build upon their unique talents, skills and competencies," Scott said.

Students can now access carpentry, welding, esthetics and accounting courses throughout the province and bypass first-year level courses in post-secondary.

Jobs, Skills, Training and Labour Minister Ric McIver said that giving students an opportunity to test out a trade or profession before

they leave high school gives them a step up in the workforce, since skilled workers are always in demand.

"We're not only empowering students for future success, we're helping them find their passions and making informed choices about that future," he said.

"We need to encourage young people across our province to take advantage."

Following the announcement, Edmonton students will now be able to earn an accounting technician certificate and credit for special needs educational assistant training.

LEAH HOLOIDAY/METRO

Naresh Bhardwaj

## NDP calls for investigation into bribery claim

The NDP continued on Monday to call for the premier to bring in the police to investigate bribery allegations in an Edmonton PC nomination contest.

The party is reviewing the nomination process in Edmonton-Ellersie amid allegations the incumbent MLA Naresh Bhardwaj attempted to mislead a challenger's supporters and offered a \$10,000 bribe to one through a proxy in order to undermine the challenger's campaign.

These allegations haven't been proven.

NDP MLA Brian Mason said the premier should call in the police to determine their validity and his refusal to do so shows the party isn't being transparent.

RYAN TUMILTY/METRO



Naresh Bhardwaj  
THE CANADIAN PRESS FILE

# Diploma weight shrunk, not scrapped

**Education.** Huge step forward for Alberta students, school board representatives



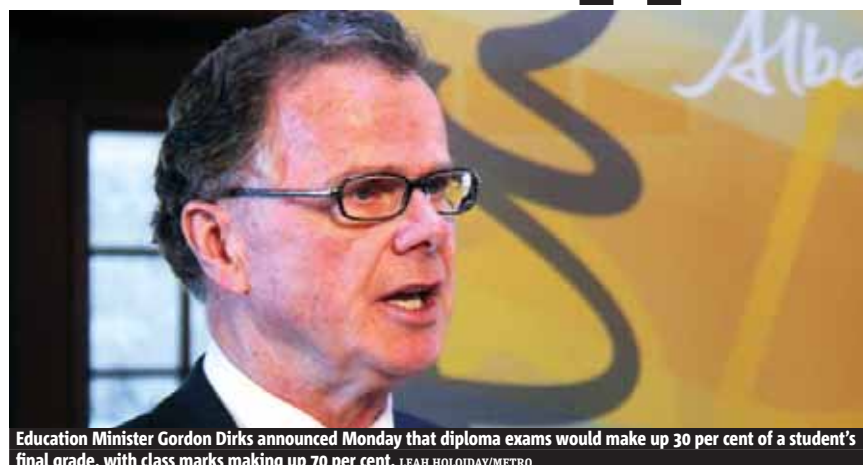
LEAH HOLOIDAY  
leah.holoday@metronews.ca

For every student whose palms sweat at the mention of a diploma exam, Alberta has some relief in sight.

As of Sept. 1, diploma exams — the standardized test for Grade 12 level courses — will no longer make up 50 per cent of a student's final grade. Instead, the one-day test will be weighted at a 30/70 ratio, with the majority of a student's mark based on their class grade.

Education Minister Gordon Dirks announced the change Monday, calling the importance placed on diploma exams a critical matter for students.

"A student's final mark may impact their being accepted into post-secondary education and their final



Education Minister Gordon Dirks announced Monday that diploma exams would make up 30 per cent of a student's final grade, with class marks making up 70 per cent. LEAH HOLOIDAY/METRO

mark may impact if they achieve high school completion," Dirks said.

Over the last year, stakeholders have called on the government to change the weighting from 50/50 to 70/30, after hearing from parents and youth about the power the one-day test can have on their chances at being accepted into post-secondary programs.

"Many Canadian provin-

ces place less emphasis on Grade 12 exams, or do not have diploma exams at all, and their students do just as well overall as Alberta students on interprovincial rankings," Dirks said.

Helen Cleese, president of the Alberta School Boards Association, said the decision is a step forward for the province's high school students.

"That exam was so high-

## Exam stays

While the test will now make up less of the final grade, the province has no plans to scrap the diploma exam — established in 1984 — completely, Dirks said.

stakes, it put so much pressure on out students," she said.

1 NEWS

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## Lego. Challenge gets people thinking green



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

Competitors used Lego on Monday at city hall, to paint pint-sized pictures of a more sustainable Edmonton.

As part of the city's We Love Edmonton campaign aiming to win recognition in a World Wildlife Fund competition, 10 teams came to city hall to build examples of why they love the city.

Mayor Don Iveson said the event combined some of his favourite things.

"Working with engaged young Edmontonians, talking about the environment and some of the things we need to do to preserve it and getting to do it with Lego is wonderful," he said.



**The winning team and its creation.**  
RYAN TUMILTY/METRO

Kristopher Manabo's team won the contest, with its recreation of a water treatment plant and community garden.

He said the team wanted to show how much can be done if people work together.

"The way we emphasized the community is that we all have a role to play," Manabo said.

### Health

## NDP says Alberta overcrowding leads to surgery cancellations

Alberta's New Democrats say overcrowding in hospitals is causing even more cancelled surgeries and hardship on families.

NDP Leader Rachel Notley says new data from Alberta Health Services shows that well over 1,300 surgeries have been cancelled across the province this fiscal year.

She says they province

is on track to exceed the number of cancelled surgeries racked up a year earlier.

She noted the problem is particularly troubling at the Stollery Children's Hospital in Edmonton.

There have already been 200 cancelled surgeries at that hospital this year, almost double the total number from last year.

Notley says government mismanagement of health care and a lack of seniors care beds have had a disastrous domino effect throughout the care system. **THE CANADIAN PRESS**



**Safe Walk programs at two of the city's post-secondary institutions, including the University of Alberta, are looking at ways of beefing up.** TOPHER SEGUIN/FOR METRO

# Safety programs respond to growing transit scares

**Campus.** Safe Walk approach may change: Program co-ordinator at MacEwan



**STEPHANIE DUBOIS**  
stephanie.dubois@metronews.ca

Safe Walk officials at two of the city's post-secondary schools are doubling efforts

to get students to and from transit safely.

The number of incidents transit peace officers attend to had been increasing between March and May 2014, according to city data, and student-led safety programs have responded with volunteers at the University of Alberta going beyond walking students to transit stations to keep people safe.

The trend is also leading to possible changes in the ap-

proach safety programs take.

Currently, volunteers at the U of A safety program ride transit with students to make sure they get home safely, while those at MacEwan University only walk students to the transit station.

"Right now we are in discussions as to what form the Safe Walk program on campus will take going forward, so it could change," said Scott Ariza, part-time

co-ordinator of the program at MacEwan.

Cody Bondarchuk, director of the Safe Walk program at the U of A, said visibility is a critical factor.

"When we're not walking people, we're out patrolling campus," Bondarchuk said. "People say they like that and to see us around."

Follow Stephanie Dubois on Twitter @MetroSteph



## RICK MERCER REPORT

Tonight, Rick makes a big splash at the Skills Ontario Cardboard Boat Championships in Waterloo, ON.

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# Municipalities to get more freedom

Under new legislation the government introduced on Monday, Alberta's municipalities will have more freedom to decide how they inform the public, what petitions they'll accept and how councillors should behave.

The changes are the first in a series of amendments to the municipal government act that the province plans to introduce over the next year. There are also provisions re-

quiring cities to draft longer-term budgets and a more streamlined process for annexation and amalgamation.

Municipal Affairs Minister Dianna McQueen said the process of writing the new act with municipalities has been very rewarding.

"We've all been able to be around the table to hear each other's concerns and ideas and really listen to that," she said.

The province is planning another set of changes to the act in the fall but led with these issues first because there was widespread agreement about what needed to be changed.

She said she was impressed that one of the early items councils wanted to deal with was the code of conduct.

"This is about our local elected municipalities or our

partners being able to take responsibility for the things they are accountable for."

Mayor Don Iveson said he's pleased with that approach and said that, even as they get into more of the contentious issues, the process is working well.

"They're generally giving municipalities (the freedom) to set their own rules, which I think overall shows trust," Iveson said. **RYAN TUMILTY/METRO**



University of Alberta president Indira Samarasekera says that while the institution's 2015 budget assumes the province won't slash its funding, it still must make cuts. **METRO FILE**

## U of A cuts spending by 1.5 per cent

**Budget.** No further cuts expected in 2015/2016 school year: President



**LEAH HOLOIDAY**  
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While some universities are preparing for a five or even seven per cent cut to their funding from the province, the University of Alberta has approved a budget based on an assumption there will be no change to government grants and is reducing its own spending by 1.5 per cent.

After post-secondary institutes were blindsided with a nearly seven per cent funding cut in 2013, many are forecasting a similar reduction in the province's still-unreleased 2015 budget, as the province stares down a \$7-billion hole in revenue.

In a blog post published Friday, university president Indira Samarasekera reported the school's board of governors has approved a budget based on what it assumes will be a zero per cent change from the Campus Alberta Grant.

Samarasekera also detailed a 1.5 per cent spending drop that she said is needed to curb growing expenditures and prevent a possible budget deficit.

"To achieve a manageable \$2.6-million deficit in

the operating budget, a 1.5 per cent reduction will be applied to all faculties and administrative units in the 2015-2016 fiscal year," she wrote.

U of A Student Union president Navneet Khinda said it's possible Samarasekera knows more than everyone else, since other universities are preparing for a far more austere provincial budget.

"It seems like this is better than a five per cent cut, but this also means Prentice isn't reinvesting in post-secondary

### Comment

Requests to speak with Samarasekera were not met by press time.

as he promised," Khinda said.

Ryan Dunch, chair of East Asian Studies at the University of Alberta, said he's been aware of the 1.5 per cent reduction for some time.

"We're in difficult times from a budget perspective," he said. "This 1.5 per cent I expect will be absorbed at the level of the faculty of arts."

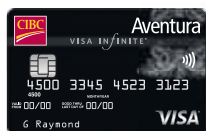
Dunch noted that the important message to take away from the president's statement is that the university won't be making further reductions for the 2015/2016 academic year, slated to start April 1.

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# Cost of living 3 times lower, perfect year-round weather THOUSANDS OF CANADIANS CHOOSE ECUADOR FOR THEIR RECREATION AND INVESTMENT PROPERTIES

The trend is not new: each year, thousands of Canadians flee the cold and the snow, heading south to sun destinations for weeks or months at a time. While many dream of owning a property in the South, the uncertainty surrounding the entire process can make taking the next step somewhat daunting. Not to worry! Since 2010 the Canadian company HolaEcuador has been helping Canadians succeed in acquiring their own piece of paradise.

## **GUIDANCE AND SUPPORT: KEY FACTORS**

The Canadian company HolaEcuador understood the challenges faced by Canadian snowbirds and now facilitates the sun property acquisition process. After having visited Mexico, Costa Rica and Panama, company co-owners Gordon Poole and Yves Cormier chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says Mr. Poole, VP Design and Construction. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 600 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."



In Calgary, Ms. Finley and Mr. Wright enjoyed watching the weekly photos from HolaEcuador's construction team of their house being built from ground breaking to completion. "From our sales rep Paris to our designer Josee, everyone took the time to answer our questions and



*Mr. and Mrs.  
Oulianov,  
HolaEcuador  
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build a personal relationship with us", says Ms. Finley. "Investing with a Canadian Company in a gated community gave us confidence and security. Because of HolaEcuador we are living the dream."

## **GOOD TIME TO INVEST**

For now, Ecuador remains a relatively well-kept secret. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds.

All that said, prices are rising quickly with the current real estate boom in the region. In Ottawa, Mr. and Ms. Oulianov wanted to act quickly and take advantage of the favourable market. "The development itself is spectacular - an endless beautiful beach, lots of parks and gardens, services available right on the site, and a ton of activities available in the region. We're convinced that this will be a fantastic community in a secure and comfortable environment."

## **TO GET MORE INFORMATION**

"At HolaEcuador's informational seminar I was pleased to discover the high level of professionalism of the developers and the overall quality of the project. In addition to providing lots of interesting information about Ecuador in general, Mr. Poole also provided an in-depth look into this residential project and he took the time to answer numerous questions from the participants. The information that was provided at the seminar left me with a great deal of confidence to take the next steps in realizing my dream." says Al Hendley.



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## Court. Accused nearly aborted B.C. bomb plot

A couple accused of plotting to attack British Columbia's legislature on Canada Day considered backing out with just hours to go, but with the bombs ready and powerful associates expecting them to follow through, they concluded it was too late, their trial heard Monday.

John Nuttall and Amanda Korody, who are now on trial for terrorism-related offences, were captured by a hidden RCMP video camera in a hotel room on Vancouver Island on the evening of June 30, 2013. In just a few hours, they expected to drive an hour south

to Victoria to plant home-made pressure-cooker bombs on the legislature lawn.

In the video, Nuttall becomes increasingly agitated as he complains that an Arab businessman and his accomplices — all undercover RCMP officers — have pressured them to rush their attack.

Nuttall's main concern appears to be that the attack is poorly planned because they weren't able to take their time to make it better.

Nuttall and Korody have both pleaded not guilty to four terrorism-related charges. **THE CANADIAN PRESS**

### ISIL mission

## Feds near decision on extending role

The federal cabinet is poised to decide on an extension to the combat mission against the Islamic State of Iraq and the Levant and, should it be approved, several defence sources say it likely would involve a commitment of more

than six months, possibly up to a year.

Defence Minister Jason Kenney wouldn't indicate which way the debate is going, but said a verdict will come in the near future and that "we're considering various options."

The mandate for the existing mission will be expiring within the next few weeks. **THE CANADIAN PRESS**

# Canada, U.S. reach deal on pre-clearance customs pact

**Travel.** Deal sets path for allowing customs agents to work on both sides of the border

Travel to the United States by road, rail and sea could undergo a major revamp as the result of a new agreement between Canada and the U.S.

Public Safety Minister Steven Blaney and Homeland Security Secretary Jeh Johnson have signed a customs pre-clearance agreement that was years in the making.

The arrangement would allow customs agents to work in each other's countries, which means they could screen passengers away from the border and ease the choke points.

That process already exists in air travel, at eight airports. People can clear U.S. customs in cities such as Vancouver, Toronto and Montreal and then, when they land, skip lines in U.S. airports.



Cargo trucks cross the Ambassador Bridge from Detroit, left, leading into Windsor, Ont., right, in January. CARLOS OSORIO/THE ASSOCIATED PRESS

The countries had signalled their intention to expand that arrangement to land and sea travel as part of the 2011 Beyond the Border deal between Prime Minister Stephen Harper and President Barack Obama.

But they missed a late-2012 deadline to reach a legal agreement that would let law enforcement officials operate inside the neighbouring country.

A little more than two years later, they have finally reached that deal.

"This historic new agreement builds on decades of successful pre-clearance operations in Canadian airports," Blaney said in a U.S. Department of Homeland Security statement. "It will enhance the security at our border and create jobs and growth in Canada by improv-

### Implementation

While the deal has been struck, it didn't highlight several conditions to moving forward. These include the legislation required from both governments, budgeting for new infrastructure and commitment from the private sector.

ing the flow of legitimate goods and people between our two countries."

Maryscott Greenwood of the Canadian American Business Council said the agreement will use modern technology to speed up things at the border.

"It's dramatic, it's historic, it's a big day in Canada-U.S. relations," she said.

The statement says the agreement applies to all modes of transport, potentially even passenger vehicles. It also says customs agents will be allowed to carry firearms in each other's countries. **THE CANADIAN PRESS**

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ELIZABETH BEDDALL/METRO

ROSEMARY  
WESTWOOD  
Metro in Toronto

## MetroTalks Thomas Mulcair

The NDP leader takes on Trudeau, Harper and the polls

# MULCAIR IN FULL FIGHT MODE

Polls be damned.

As far as Thomas Mulcair (or "Tom," as he likes to be called) is concerned, it's the pitbull versus the prime minister in the upcoming federal election.

"People want change. They say, 'When are you going to get rid of that bleep bleep Harper,'" the NDP leader said during a wide-ranging interview with Metro.

Often at ease, approachable and personable, Mulcair's trademark aggression (which won him the nicknames "Pitbull" and "Grizzly") flipped on when he spoke of the prime minister.

"Stephen Harper is my adversary. He's the one doing the damage to Canada's international reputation, he's the one who's hurting the average Canadian working family, he's the one who's damaging the environment."

Harper's recent battle against the niqab and his as-

sertion that it comes from an "anti-women culture" is reprehensible, Mulcair said.

"It leads to the feeling that it's OK to be Islamophobic," he added.

Harper aside, Mulcair has another fight on his hands in the headline-grabbing campaign of Liberal Leader Justin Trudeau.

Despite recent polls showing either the Conservatives or Liberals leading, Mulcair downplayed Trudeau's appeal and attacked him for a lack of leadership and his tepid support of Bill C-51.

"I'm the leader of the official Opposition," Mulcair said. "We're the only ones who have ever been able to

stand up to Mr. Harper."

Besides, the NDP has "always fought for every column inch," he added.

Pundits warn that Harper could ride to yet another victory if the Liberals and NDP split the progressive vote. Mulcair said his party has been open to working with the Liberals to prevent that.

He extended the invitation in a speech one year ago, and then again in December. Both times the Liberals "slammed that door," Mulcair said.

"So my priority is getting rid of Stephen Harper. Justin Trudeau's priority is Justin Trudeau," he said. "The public will know that as they head into this election campaign."

They'll also need to know more about him.

Mulcair doesn't have Harper's longevity, Jack Layton's popularity, or Trudeau's celebrity. As he puts it, Trudeau's more *Vanity Fair* while he's more *National Geographic*.

What he does have is as much quirk as bite, cutting a grandfatherly figure in a dark suit and an orange tie dotted with tiny blue dolphins, and doodling a small flower while listening to a question.

Quick with sound bites, he's also a natural storyteller fond of historical interludes to illustrate a point (such as the NDP's role in founding public health care).

And he is, he says, principled before strategic.

"When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you," he said.

It remains to be seen if that will be enough to win.



# 'As Toronto goes, so will go the rest of our economy'



JESSICA  
SMITH CROSS  
Metro in Toronto

Thomas Mulcair, a Montrealer, isn't afraid to say that Toronto is Canada's most important city.

In an interview with Metro's editorial board on Monday, the NDP leader spoke about his cross-Canada urban strategy that recognizes the importance of Canada's major cities to the country and its economy — Toronto above all.

"I make no bones about the fact that Toronto is Canada's

most important city. That's a simple statement for me to make," said Mulcair. "It's a simple fact. Toronto is Canada's most important city. It's the key driver of our economy; as Toronto goes, so will go the rest of our economy."

He recited a litany of facts to support that: The Greater Toronto Area has more than six million people, Toronto contributes 20 per cent of Canada's GDP, and along with Montreal and Vancouver, the country's three biggest metropolitan areas make up just over half of

## Quoted

**"I make no bones about the fact that Toronto is Canada's most important city. That's a simple statement for me to make ... It's the key driver of our economy."** NDP Leader Thomas Mulcair

Canada's population.

Mulcair said residents of Canada's other cities shouldn't take his Toronto appreciation badly, because it's part of a larger urban plan that recognizes the importance of all of Can-

ada's cities.

"When we're talking about transit, I'm not excluding Calgary, Edmonton, Vancouver or Montreal. I'm saying every city in this country deserves to have a modern transit system, which

we don't have," he said.

To support Toronto — and the country's other major cities — Mulcair said an NDP government would work with provincial and civic leaders to support affordable housing, devote one extra cent of the gas tax to major cities' transit and create new child-care space.

In Toronto, that means 164,000 new GTA daycare spots over eight years; about \$90 million a year for transit; and a commitment to help fund the massive social housing repair backlog.

Before coming to Metro's newsroom, Mulcair spent a half-hour in Toronto Mayor John Tory's office Monday afternoon discussing those issues. Afterwards, Tory praised Mulcair for being upfront about Toronto — something, he noted, other politicians have been hesitant to do.

Tory himself admitted that in his days before being mayor, when he was CFL commissioner, he'd tell people from Western Canada he's from "North York" so as not to disclose he's from Toronto.

## In quotes. Mulcair on terrorism, the youth vote and climate change

### The youth vote

- "Young people today finishing their studies are finishing with \$60,000 to \$70,000 in debt. When are they supposed to start a family if that's what they want for themselves?"

- "We have a generation now that's earning less than their parents and grandparents. The biggest inequality in our country is between generations."

- "In the last election, 65 per cent of young people aged 18 to 25 stayed home, two out of three. That worked out very well for Mr. Harper, by the way, because when young people stay home, the right wing wins and democracy loses. We have to change that."

### Racism and Islamophobia

- "We're a country of immigrants. My wife is an immigrant to Canada. It's becoming a more and more closed place under the Conservatives."

- "Mr. Harper's singling out of the Muslim community has been, I think, one of the worst things I've seen in my political career."

- "If you have the highest elected official in the country openly using terms that can lead to Islamophobia. I find it reprehensible; it's abject, and I never thought I'd see it in Canada."

### Terrorism and Bill C-51

- "This is a horrible piece of legislation, very dangerous to our rights and freedoms."

- "I'm not trying to understate the importance of fighting terrorism. This

is a real issue that requires real solutions."

- "When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you."

- "You're opening yourself up to First Nations groups, environmental groups, social activists being snooped on, having their privacy, their private life snooped on, because they're doing what's supposed to be normal in a free and democratic society."

### The importance of cities

- "I think the best plan is to have a federal government that works with the provinces and territories."

- "People have to understand the importance of coming to grips with issues like gridlock."

### Environment

- "I would love nothing more than if my first act as prime minister of Canada would be to attend the COP 21, the Conference of the Parties to Kyoto, in Paris in December of this year. I firmly believe that this is the defining issue of our times, because it's the future. This is the one that's going to resonate for generations and generations to come it we don't get it right. And we have to get it right."

- "Canada is the only country in the world to withdraw from Kyoto and I think that's scandalous."

ROSEMARY WESTWOOD/METRO

## Prime mug

### I challenge you to a ... beard



LUKE  
SIMCOE  
luke.simcoe@metronews.ca

It's been more than 100 years since the highest office in Canada was held by a man with a beard — not since Mackenzie Bowell left office in 1896.

Thomas Mulcair is itching to change that.

"I think it's long overdue," he told Metro Monday, a wry smile peeking out from beneath his whiskers.

The NDP leader first grew a beard when he was 18, in a bid to look older during his first year of law school. Since then, he's shaved it only once, in 1978.

"Not one of our friends recognized me," he said.

Metro asked Mulcair to draw some facial hair on his two opponents in the upcoming election: Liberal Leader Justin Trudeau and Prime Minister Stephen Harper.

Trudeau's mug received a five o'clock shadow in Liberal red, while Mulcair gave Harper a full beard in green.

"I'll give Mr. Harper a



NDP Leader Thomas Mulcair and his wife Catherine Pinhas inspect celebrity beards, top. Below: Mulcair gives his opponents, Liberal Leader Justin Trudeau and Prime Minister Stephen Harper, some facial hair of their own.

green beard, so maybe he'll think a little bit more about the environment," he joked.

Asked to choose his fa-

vourite celebrity facial hair, Mulcair went with newly grey-whiskered Stephen Colbert.



3 things Catherine Pinhas thinks you might not know about her husband

"That he's very kind."

"He has a job as official Opposition, he has no choice, he has to stand up, and react. They might be surprised to know that he's shy. Sometimes you're going to see him feel a little bit uncomfortable if people say kind words. He feels a little embarrassed, I guess."

"He is principled, and he's a loving person."

ALL PHOTOS: ELIZABETH BEDDALL/METRO



## Middle East. ISIL using gas attacks, say Kurds

Kurdish forces in Iraq are investigating two other possible chemical weapons attacks by the Islamic State of Iraq and the Levant (ISIL), a top official said Monday, as authorities put an Iraqi offensive to retake Saddam Hussein's hometown on hold.

The two purported chemical weapon assaults resemble one claimed Saturday by Kurdish officials who say an independent laboratory concluded the militants used chlorine gas against its peshmerga forces in a Jan. 23 truck suicide attack. However, their claims were not immediately verified by international authorities.

Iraqi officials and Kurds fighting in Syria have made similar allegations about the militants using the low-grade chemical weapons against them. ISIL, which controls a third of Syria and Iraq in its self-declared caliphate, has not commented on the claims.

Gen. Aziz Wesi, in charge of a Kurdish special forces

brigade, told journalists Monday that authorities declined to discuss the two newly announced attacks at the time when they happened on Dec. 26 and Jan. 18, out of fears of causing a panic.

Kurdish officials have offered footage of the aftermath of the Dec. 26 attack, which shows fighters coughing and pouring water over their heads after another suicide truck bombing that authorities say wounded some 60 men.

"I put a wet scarf on my face because when I saw the gas, I felt it," said Capt. Mohammad Sewdin, who leads the Kurdish special forces unit targeted in the December attack. "I was afraid it might be something like (chemical weapons). So I told my men to do the same."

Sewdin told The Associated Press he was temporarily blinded for six hours after the attack and coughed up blood. He and others were hospitalized.

THE ASSOCIATED PRESS



## South Pacific rebuilds after 'monster' cyclone

Samuel, only his first name given, kicks a ball through the ruins of their family home as his father, Phillip, at back, picks through the debris on Monday in Port Vila, Vanuatu, in the aftermath of Cyclone Pam. Vanuatu's president, Baldwin Lonsdale, said that the cyclone that hammered the tiny South Pacific archipelago over the weekend was a "monster" that has destroyed or damaged 90 per cent of the buildings in the capital and has forced the nation to start anew. The United Nations says that 24 people are confirmed dead and 3,300 have been displaced by the cyclone. Meanwhile, the Canadian Department of Foreign Affairs says it's believed 29 citizens are in the affected region. Foreign Affairs says its office in Canberra, Australia, and the Australian High Commission in Port Vila are providing assistance to Canadian citizens in Vanuatu affected by the storm.

PHOTO: DAVE HUNT/THE ASSOCIATED PRESS, TEXT: THE ASSOCIATED PRESS & THE CANADIAN PRESS

### Radicalism

## ISIL-recruited Brits a growing worry

British police, under pressure to stem the flow of would-be militants eager to join the Islamic State of Iraq and the Levant, on Monday arrested an 18-year-old man suspected of planning to travel to Syria.

The arrest is a sign of increasingly strenuous efforts by police to stop the flow of radicalized young Britons to the Middle East.

THE ASSOCIATED PRESS

### Israeli election

## Netanyahu sliding, keeps hard line

In a frenzied last day of campaigning, Prime Minister Benjamin Netanyahu on Monday ruled out the establishment of a Palestinian state and vowed to strengthen construction in east Jerusalem settlements as he appealed to hard-line voters on the eve of Israel's closely contested general election. THE ASSOCIATED PRESS

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2011 Audi A4 #PA548

76,500KM

Grey on Light Grey Interior  
8 Speed Tiptronic  
Bi-Xenon Headlamp

\$30,038



2012 Audi Q5 #3809A

83,000KM

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6 Speed Tiptronic  
Navigation System  
Panoramic Sunroof

\$40,738



2014 Audi A6 #PA564

13,567KM

TDI Clean Diesel Technik Package  
White on Black Interior  
8 Speed Tiptronic  
S-Line Sports Package  
Bose Sound System

\$68,338



2012 Audi A4 #PA566

59,500KM

Avant  
Black on Black Interior  
8 Speed Tiptronic  
Panoramic Sunroof  
Bi-Xenon Headlamp

\$36,038



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# Experts tout Coke as sensible snack

**Nutrition.** Beverage giant working with dietitians to push its mini-cans as guilt-free way to enjoy cola

Coca-Cola is working with fitness and nutrition experts who suggest its soda can be an acceptable treat, at a time when the world's biggest beverage maker is being blamed for helping to fuel obesity rates.

In February, several of the experts wrote online posts for American Heart Month, with each including a mini-can of Coke or pop as a snack idea. The pieces — which appeared on nutrition blogs and other sites including those of major newspapers — offer a window into the many ways food companies work behind the scenes



Coca-Cola is working with fitness and nutrition experts who suggest its cola as a healthy treat.

WILFREDO LEE/THE ASSOCIATED PRESS

to cast their products in a positive light, often with the help of third parties seen as trusted authorities.

Ben Sheidler, a Coca-Cola spokesman, compared the February posts to product placement deals a company

might have with TV shows.

"We have a network of dietitians we work with," said Sheidler. "Every big brand works with bloggers or has paid talent."

Other companies including Kellogg and General Mills have used strategies like providing continuing education classes for dietitians and funding studies that burnish the nutritional images of their products.

PepsiCo has also worked with dietitians who suggest its Frito-Lay and Tostitos chips in local TV segments on healthy eating.

Others use nutrition experts in sponsored content; the American Pistachio Growers has quoted a dietitian for the New England Patriots in a piece on healthy snacks and recipes and Nestle has quoted its own executive in a post about infant nutrition.

THE ASSOCIATED PRESS

## Wireless

### Rogers agrees to refund premium text services fees

Rogers Communications has agreed, in a deal with the Competition Bureau, to pay refunds or credits to cellphone customers who were charged for premium text services from Jesta and MMS for services such as Mind Quiz, Love Crush and Joke a Day.

The refunds cover services provided by MMS between Jan. 1, 2011, and Sept. 30, 2012, and from Jesta between Jan. 1, 2011, and Aug. 31, 2013. Rogers acted as billing agent for Jesta and MMS. Current customers will get automatic credits, while others will be contacted.

THE CANADIAN PRESS

## GamePlus

### CRTC backs Rogers on exclusive service

The CRTC ruled Monday that Rogers Communications can give its subscribers exclusive access to its GamePlus service, which delivers bonus content from NHL games. It dismissed a complaint filed last fall by rival Bell TV's parent.

THE CANADIAN PRESS

## Costco Canada

### Licence to import fish suspended

The Canadian Food Inspection Agency has suspended Costco Canada's fish import licence, saying the retail giant is not reliably following food safety controls on a consistent basis. The suspension went into effect Feb. 26.

THE CANADIAN PRESS

## Market Minute

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(+0.06¢)

Natural gas: \$2.716 US (-1.1¢)  
Dow Jones: 17,977.42 (+228.11)

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## VOICES

## A CITY OF TWO TALES

NDP Leader Thomas Mulcair and Liberal Leader Justin Trudeau make separate stops in Toronto within the same week — both touting very different paths forward



**CHANTAL  
HÉBERT**  
readers@metronews.ca

Within the space of a single week, Justin Trudeau and Thomas Mulcair each delivered major speeches designed to stake out some critical pre-election territory.

Both opposition leaders chose Toronto as their venue, a decision dictated as much by the city's status as the national headquarters of the country's English-language media as by the GTA's weight in the outcome of next fall's election.

The similarities stop there.

Trudeau spoke to a non-partisan group made up of McGill University alumni.

Mulcair addressed one of the largest in-between-elections rallies that the federal NDP has ever held.

The Liberal leader spoke of values and denounced what he believes is a blatant Conservative attempt to use the terrorism file to divide Canadians along Muslim and non-Muslim lines.

Mulcair set out the urban agenda of an NDP federal government.

His speech emphasized Toronto's central place on the municipal map of the country — calling it the most important city in the country — but his prescriptions were generic.

Minus the local references, Sunday's text could easily serve as a template for similar speeches in Canada's other big cities.

The Liberal leader's speech was the more hard-hitting of the two but also the more high-risk.

Fostering discrimination against a minority is one of the most serious charges that an opposition leader can level at a sitting prime



Tom Mulcair shares a laugh with Justin Trudeau at a panel discussion on youth voting. ADRIAN WYLD/THE CANADIAN PRESS FILE

minister.

That could be construed as a glaring contradiction since it is Liberal policy to support Harper's controversial anti-terror legislation, regardless of whether or not the government addresses Trudeau's concerns about its reach.

By comparison, Mulcair's speech was a safe one. It is hardly the first time that a federal leader promises the cities a better deal and there is little revolutionary about adding a seat devoted to urban affairs at the cabinet table of an NDP government.

The most controversial element of the speech — if you can call it that — was the contention that, more so than that of any other (smaller) Canadian city, the success of Toronto is essential to the country's economic health.

According to party strategists, Mulcair deliberately stuck to bread-and-butter issues the better to bring the economy back on the political radar.

They believe the issue is becoming a liability for the ruling Conservatives. (For the record, so far the latter still score better on the economy than their opposition rivals.)

In the end, the differences between the Trudeau and Mulcair speeches spoke more loudly of distinct pre-election needs than of different priorities.

Two years into his leadership, Trudeau has not yet quite shaken off the perception that he is a policy lightweight.

At the same time, the Liberals have made the strategic decision to not release their

platform until the campaign.

In the absence of a fleshed-out policy book, the "values" speech Trudeau delivered last Monday was designed to anchor his political persona to some core principles.

It was also meant to offset the Liberal decision to support Bill C-51 by adding some space between Trudeau and the Conservatives on the larger anti-terror narrative.

The NDP's event, on the other hand, was at least as important for its form as for the content of Mulcair's speech.

The past four years have been miserable ones for the New Democrats, with precious little to suggest they are on the move nationally.

They have endured the untimely death of a much loved federal leader; the loss of power in Nova Scotia; a civil war at the top of Manitoba's NDP government; unexpected mayoral defeats in Toronto and Vancouver, and underwhelming provincial results across the country.

Against that backdrop, the successful staging of a major rally in Toronto — a city where the NDP lost a seat since the last election — was meant to at least project some critically needed momentum.

It was also designed to blunt some of the edges of Mulcair's image.

For all his success or, perhaps, because of it as the prosecutor-in-chief of the government in Commons, his profile outside Quebec remains both lower and not as voter-friendly as Trudeau's.

That he was under instructions to play nice may explain why Mulcair smiled his way through his Sunday speech. He smiled so hard as to make one wonder whether he was trying to channel Jack Layton.

*Chantal Hébert is a national affairs writer.*

## A grand vision: Zero traffic-related fatalities in Edmonton



**YOUR  
RIDE**  
Jay Smith

Imagine a city where there are no traffic deaths each year; where Christopher Beaulieu, David Finkelman, Isaak Kornelsen are still alive, along with the dozens of others who have lost their lives in traffic collisions; where there are zero deaths.

Does that sound implausible? The Vision Zero Initiative is a Swedish-born philosophy of traffic safety that believes no traffic deaths are acceptable, and Edmonton is looking to join cities such as New York, Boston, Seattle, and Portland in adopting the initiative.

Chris Chan of Edmonton Bicycle Commuters explains Vision Zero simply. "It's a shift in philosophy from what the standard traffic engineering philosophy in North America has been for decades: 'What cost of human life and health is acceptable in order to prioritize the movement of (motor) vehicles on the road?'" In contrast, he

says, Vision Zero shifts the focus to: "How do we make a transportation system where human life takes priority over those other considerations?"

When I spoke to Gerry Shimko, executive director in Edmonton's Office of Traffic Safety, he pointed out something that I didn't know; that Edmonton's traffic fatalities are already on the decline. In a city that has seen significant increases in population and traffic, we have reduced the number of annual fatalities to 23 per year in 2014 and 2013, down from a high of 32 in 2009.

That's a fatality rate of 2.6 per 100,000 people in 2014. For perspective, the Canadian average is 6.0. That number in Seattle, which has adopted Zero Vision, is 3.2. In Sweden, birthplace of the movement, it's 3.0. Shimko credits measures such as right-turn cutoffs and left-turn signals in intersections for much of this decline.

In addition to these measures, other components of a Vision Zero policy would involve reducing speed limits in high-pedestrian areas

such as Whyte Avenue and creating bicycle infrastructure that is physically separated from motor vehicle traffic.

Despite the fact that we are almost all pedestrians, most of us know how to ride a bicycle, and we're all human, the conversation about Vision Zero has frequently been framed as a zero-sum game.

"Officials aim for zero traffic deaths in strategy likely to annoy some motorists," reads the headline of an otherwise very thoughtful Edmonton Journal story. An online comment included the recommendation to up speed limits so as to "stop frustrating motorists."

On the radio, I listen to Shimko, patiently explaining after yet another question about "a war on cars" that maybe we'll add a bit of travel time for motorists with Vision Zero but, you know, saving human lives. And preventing injury.

Take me. I have a plate on my collarbone from being hit by a car while cycling. I was riding in a bike lane in Toronto when a car obliviously turned right into an alley. It was one of

those collisions that could have been a lot worse. Yet I still had a concussion, lots of soft tissue damage, and a very broken collarbone. I required surgery and over a year of physiotherapy to recover.

My experience are not unique. For every fatal collision between a motor vehicle and a cyclist in Edmonton, there are 176 non-fatal injuries. Think about it: every time your heart breaks to hear about an Isaak or a Christopher, there are 176 of us who may have spent months or years recovering from our injuries. Some of us never fully recover.

Edmonton's Vision Zero Initiative, will be brought before city council in April. For all humans who navigate Edmonton in cars, on bicycles, in buses, or on foot, let's hope it passes.

*Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life. Her status as an alt-transit diehard includes raising her two kids without a car (or a licence) until last year.*



# Emile Hirsch heads to court

**Scandal.** Actor faces up to five years in prison for alleged assault at Utah club

Actor Emile Hirsch made his first court appearance Monday on allegations that he put a studio executive in a chokehold and dragged her across a nightclub table while in Utah for the Sundance Film Festival.

The *Into the Wild* star declined to comment Monday outside court in Park City.

His attorney Neil Kaplan said Hirsch is receiving counselling after going to rehab.

The actor from Encino, Calif., is charged with felony assault, which is punishable by up to five years in prison and a \$5,000 fine. He also faces a misdemeanor count of intoxication.

He isn't required to be at the next hearing, set for April 13.

Hirsch may also be excused from other upcoming hearings, a concession often granted to out-of-state defendants who are co-operating, said Summit County prosecutor Ryan Stack. Stack said he had no comment on a possible plea deal.

The woman Hirsch is accused of assaulting on Jan. 25 is Daniele Bernfeld, an executive for the Paramount Pictures subsidiary Insurge Pictures.

Hirsch lawyer Robert Offer has said the actor was drinking alcohol and doesn't remember what happened that night. Offer also said last month that Hirsch checked into rehab within days of the incident.

Offer was not immediately available for comment Monday.

Hirsch is best known for his *Into the Wild* role. He was at Sundance for the premiere of the drama *Ten Thousand Saints*, in which he appears alongside Ethan Hawke and Asa Butterfield.

THE ASSOCIATED PRESS



Emile Hirsch ALL PHOTOS: GETTY IMAGES

## Bye-bye, Bündchen?

Brazilian supermodel sensation Gisele Bündchen is reportedly set to retire from the runway after two decades in the spotlight. The whispers, which began with an editorial in Brazilian newspaper *Moda Estadão*, suggest that Bündchen will walk her last runway in April at the Colcci show as part of São Paulo Fashion Week. Bündchen, who shares a long-term relationship with the Colcci brand, has starred in many of its previous campaigns and also famously chose the brand for her return to the catwalk



Gisele Bündchen

following the birth of her son Benjamin in 2010. Bündchen, reportedly the world's highest paid model for the last 10 years, most recently walked for Chanel in September 2014.

AFP



Jennifer Aniston

## Uninvited guest plants himself on Aniston's lawn

Jennifer Aniston got some unsolicited gardening recently when a drunk driver reportedly jumped the curb and landed in her lawn, taking out some plants along the way, according to TMZ. It's unclear whether Aniston or fiancé Justin Theroux were home at the time, but

her security guard called the cops who promptly arrived and busted the driver after he failed a sobriety test.

There's a very obvious *Friends* theme song joke in this about being stuck in second gear, but I like to think I'm better than that. (I'm not.)

Gossip

**NED EHRBAR**  
METRO'S TAKE  
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# UN wants the world to make a happy playlist

**Music.** UN asks music lovers around globe to share songs that bring them joy, in honour of Day of Happiness

What is happiness? The United Nations is teaming up with pop stars to create a playlist that asks, in musical form, that eternal question.

A campaign launched Monday is asking listeners around the world to post through social media the songs that make

them happy, with the playlist to be revealed Friday on the UN-declared International Day of Happiness.

The curators who will assess the responses and determine the playlist include the British singer-songwriters Ed Sheeran and James Blunt, U.S. singer-songwriter John Legend, French DJ David Guetta and the Portuguese pop star David Carreira.

UN Secretary-General Ban Ki-moon, who is not generally known for his rock star persona, announced the initiative in an MTV-style video in which

## #HappySoundsLike

Last year, the International Day of Happiness invited music fans around the world to dance to Pharrell Williams' hit Happy, creating a viral sensation.

- The campaign, which did not specify restrictions on genre, asked music fans to post songs on social media with the hashtag #HappySoundsLike. The playlist will be released by streaming service MixRadio.

he offered his vote for Stevie Wonder's 1970 hit Signed, Sealed, Delivered.

Ban said that the song — also known to be a favorite of

U.S. President Barack Obama — represented his hopes for a successful agreement on climate change at a UN-led conference in Paris later this year. **AFP**



Ed Sheeran will help curate the "happiness" playlist. **GETTY**

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## Music film

### Drizzy in a tizzy over unauthorized concert film

Canadian rapper Drake is not happy about a soon-to-be released concert film.

"The Drake Homecoming film is not something OVO or Drake have any part in," Drake tweeted to his 21.6 million followers, referring to the record label he helped establish in 2012.

"I feel it is my responsibility to inform and protect my fans."

The statement has been favoured and retweeted more than 12,000 times.

Drake's Homecoming: The Lost Footage will be playing in select Canadian theatres on



Drake is unhappy about the release of a concert film. **GETTY IMAGES**

## Quoted

**"I feel it is my responsibility to inform and protect my fans."**

Drake tweeted to his 21.6 million Twitter followers about the theatrical release of the unauthorized concert film Drake Homecoming: The Lost Footage

March 18 only. The concert film, which was shot in May 2009 at a sold-out show at Toronto's Sound Academy, shows the rapper performing just before his international breakthrough.

"No. 1, it's an authorized film," counters Mark S. Berry of Toronto's Attack Media Group. Berry is listed as a co-executive producer for the film.

According to Berry, Drake signed a contract in 2009 that gives him \$15,000 for the film and a royalty participation of 15 per cent. It's a paltry sum

for a rapper who could now demand a substantially higher fee.

"He's known about the movie for years," Berry adds.

Attempts to reach out to Drake's label representatives were not returned on Monday.

**TORSTAR NEWS SERVICE**

## Theatrical release

# March 18

The only date Drake's Homecoming will be playing in select Canadian theatres.



# You Britta believe it! Community gets refresher course

**Television.** Cult fave gains a new home online with Yahoo

The world of TV is littered with examples of much-loved but under-watched shows that aired for a season and disappeared, but few have had as strange a life as *Community*, the pop culture-obsessed show about a group of misfits at a community college. After NBC finally pulled the plug, an unexpected saviour popped up in the form of Yahoo, and the show returns today with new episodes.

Series star Gillian Jacobs (Britta) says she's not too worried about the change in venue. "Post-House of Cards,

you'd be silly to be nervous, especially at a place like Yahoo, that has the resources to really support the show," she says. "You look at the other programming they're doing — they have good taste! I mean, they liked us, so they have great taste."

The return of the show means viewers get to see all kinds of new journeys for the characters, and meet Britta's parents, who are played by Martin Mull and Leslie Ann Warren (or Colonel Mustard and Miss Scarlett, if you're Clue fans).

"As a Clue fan, I was really excited," says Jacobs of the casting. "We're starting to see a little bit more of the characters' outside lives, help inform who they are, why they are, what the hell happened to Britta to make

her Britta."

She's referring, of course, to the various characters' tendency to call her "the worst" all the time, for her buzzkill tendencies. Would she ever want them to stop calling her that?

"No, I'm branded with that! It's a point of pride now, to be the worst. No, that's like a tattoo, I can't."

LISA WEIDENFELD/METRO IN NYC

## Comeback

- *Community* returns with online episodes Tuesday.
- Yahoo picked up the show after it was cancelled by NBC last year.



Community actors Joel McHale, left, Gillian Jacobs and Ken Jeong. GETTY IMAGES



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*iZombie* premieres Tuesday on the CW and will be available on streaming service Shomi on Wednesday. CONTRIBUTED

## Television. Dark comedy *iZombie* is 'bringing sexy back' to the undead genre

Buffy fans, take note: There's a new young blonde woman with supernatural powers, firing off snarky quips. Except this time she's not so much fighting off supernatural creatures, as being one of them. Yes, Liv (Rose McIver) is a zombie, yes, she eats brains, but she's very nice, we promise. And lucky for her, she picks up abilities and memories from the brains she eats, so she uses her talents to solve murders on the CW's new *iZombie*. "This is a dark comedy," says co-star David Anders. "I'm calling it zom com rom dram."

He's not wrong. The show makes a point of having its zombies look a little less decrepit than your average Walking Dead zombie.

"Zombies are bringing sexy

## Just a nerd in disguise

This isn't the first time Anders has played the bad guy. Audiences might recognize him as Sark, from *Alias*. And it turns out co-star Jennifer Garner once had some very encouraging words for him.

- "I was actually in the makeup trailer next to Jennifer Garner once, and I was

like, hey Jen, let's be nerds because we're both getting makeup done. Can I get an autograph on a headshot? And she was like, oh yeah, sure. And I got it later that day, and it said, David, get comfy, you're going to be here a while," shares Anders. "I still have that framed."

back. It's flipping the genre on its head," he promises.

How sexy are these zombies? Says co-creator Rob Thomas, "we were calling the show ZILFs at one point."

Anders plays another zombie on the show, but while Liv

is just trying to get back to her old, pre-zombie life, Anders' Blaine is seeking to take advantage of his new life. "Blaine is just a zombie crime boss trying to find his way in the world," explains Anders.

LISA WEIDENFELD/METRO IN NYC



# Vegetarianism for couples 101

**Healthy eating.** It can be difficult to get meat-loving guys (and gals) to eat more veggies. Here are some tips on getting it done

EVA  
KIS  
Metro World News

How's your healthier eating resolution going? If you've had better intentions than follow-through, get back on the wagon this week with a change that won't turn your life upside down: a meatless day of the week.

Diana Rice, a dietician with the Meatless Monday campaign, an international effort that encourages people to not eat meat on Mondays to improve their health and the health of the planet, has plenty of suggestions to get you started — no matter what day it is. But she also speaks from experience when it comes to what will likely be your biggest obstacle (after cravings): your partner.

"My husband is from the (American) south, and growing up he didn't really think about the advantages of vegetarian anything," she says. Bacon and eggs for breakfast, a ham sandwich for lunch and a steak for dinner was pretty standard.

And while you probably know that eating less meat



Eating less meat can reduce your risk of cancer, diabetes and heart disease. ISTOCK

can lower cholesterol and reduce your risk of cancer, diabetes and heart disease, a lecture about the health benefits of veggies might be the only thing less appetizing to him than trading steak for tofu.

But don't give up hope. Rice, whose husband often serves as the "guinea pig" for her foodie experiments, shared her ideas.

**Play up other flavours**  
"Pasta is such a versatile

dish. It'd definitely be the place I'd start," says Rice. Use cherry tomatoes instead of sauce from a jar, fresh basil instead of dried and really good cheese, and he'll forget he's not eating meat. Shop at a farmers market so

you know you're only buying what's in season, when it tastes best, and talk to the vendors to get ideas.

**Don't get crazy**  
"If you're just starting out, don't buy tempeh and try to make some really weird vegetarian thing that's totally unfamiliar to you," cautions Rice. Work your way up to it by starting with what you already know: chili with beans instead of ground beef or using sautéed mushrooms as the main part of a dish instead of a side.

**Think like a guy**  
If your guy likes steaks, try making a vegetable steak: Cut a one-inch-thick slice out of the middle of a cauliflower, brush it with olive oil and grill it, then serve it with some A1 sauce. "Having the vegetable be a standalone in the same way we might expect the steak or a piece of fish to be can help us overcome that mentality that there is something lacking from the meal," says Rice.

**Chef's choice**  
Most guys still aren't doing the cooking, so if they're hungry they'll probably eat what's in front of them. So don't be afraid to try something just because you think he won't like it. "A lot of times what I'll do is tell my husband, 'What we're having for dinner is a really great pasta dish,'" Rice says. "It just doesn't happen to have any meat in it."

## Nutrition

### The Rainbow Plate approach

Force-feeding kids a diet of facts and figures about the nutrients in fruits and vegetables and why they're good for us is no way to create a generation of healthy eaters.

It's far more important and effective to encourage kids to

make nutritious food choices because they want to, says Janet Nezon, a Toronto-area food educator.

The concept Nezon developed and the name of the company she started three years ago is Rainbow Plate. "The reality is that if you are eating a vibrant mix of colours, you're covered (nutritionally)," she says. "So the simplest concept is to take your plate and create a rainbow plate."

The first step — in Nezon's program and for parents at home — is simply exposing kids to the wide range of produce available and engaging their interest.

The second key is that there should be no pressure on a child to try something new, Nezon says.

"You can't push vegetables on kids. You have to make food appealing and make it visually interesting ... but you don't

make a big deal if they do or don't.

"It takes the power struggle out of it. It takes the pressure out of it and kids make their own discoveries — 'Oh, this is yummy' or 'Oh, I didn't notice how crunchy this is.'"

Giving a child this sense of control over what they eat is central to creating good eating habits that will last a lifetime, Nezon says.

THE CANADIAN PRESS



Alphabet noodles in homemade tomato vegetable soup will distract kids from the veggies.

THE CANADIAN PRESS

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# Facebook revamps terms of use

## Content guidelines.

Updates aim to target content promoting terrorist activity, crime and hate speech

Facebook on Monday updated its community standards guidelines, giving users more clarity on acceptable posts relating to nudity, violence, hate speech and other contentious topics.

The world's biggest social network said it does not allow a presence from groups advocating "terrorist activity, organized criminal activity or promoting hate."

The new guidelines say Facebook will take down "graphic images when they are shared for sadistic pleasure or to celebrate or glorify violence."

Nudity is also removed in many cases but allowed for images of breastfeeding, art or medical conditions.

"These standards are designed to create an environment where people feel motivated and empowered to treat each other with empathy and respect," said a blog post from Facebook global policy chief Monika Bickert and deputy general counsel Chris Sonderby.

"While our policies and standards themselves are not changing, we have heard from people that it would be helpful to provide more clarity and examples, so we are doing so with

today's update."

The guidelines say Facebook members should use their "authentic name," a move that appears to head off criticism from people who use stage or performance names instead of their legal name.

In October Facebook said it would ease its "real names" policy that prompted drag queen performers to quit the social network and sparked protests in the gay community and beyond.

Facebook's new guidelines said it would remove content, disable accounts and work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety."

But it added "that something that may be disagreeable or disturbing to you may not violate our community standards."

The move comes as Facebook and other social media struggle to define acceptable content and freedom of expression.

"This is particularly challenging for issues such as hate speech."

Hate speech has always been banned on Facebook, and in our new community standards, we explain our efforts to keep our community free from this kind of abusive language."

Facebook said earlier this year it was putting warnings on "graphic content," which would also be banned for users under 18. **AFP**

## Government requests

Facebook at the same time released its report on government requests for user data in the second half of 2014, showing a modest uptick to 35,051 from 34,946 in the prior period.

- "There was an increase in data requests from certain governments such as India, and decline in requests from countries such as the United States and Germany," the blog post said.



Facebook's new guidelines said it would work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety." JONATHAN NACKSTRAND/THE ASSOCIATED PRESS

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## France. Ads using overly thin models could face ban

France's health minister says she supports plans to criminalize the use of advertising with anorexic models in France.

The measure would add France, a world capital of fashion, to the movement in countries like Israel and Spain that are cracking down on the glorification of dangerously thin models.

Socialist lawmaker Olivier Veran, who is also a doctor, wants to add language to an upcoming health bill to make it illegal to employ models deemed to have an eating disorder. Modelling agencies would have to produce a medical report showing that their models have maintained a healthy mass-to-height ratio.

A second change in the law would make it a crime to glorify "excessive thinness," which would target those who run pro-anorexia websites, punishable by up to one year in prison and 10,000 euros (\$13,500) in



The French government is looking to crack down on the glorification of dangerously thin models. ISTOCK

finances.

The amendments are part of a health reform bill to be presented in parliament's lower house on March 31. A previous draft bill on the same issue never got to a vote by parliament in 2008.

Up to an estimated 40,000 people suffer from anorexia in France, 90 per cent of them women, according to the health ministry.

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# Pair green beer with twist on Irish fave

**Dinner.** St. Patrick's Day is your lucky day — with an easily assembled Magic Shepherd's Pie



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

What comes to mind when you think of St. Patrick's Day? Green Beer? Shamrocks? Lucky charms?

The Irish celebrate this saint for his role in bringing Christianity to Ireland. One of the key elements of the celebration is the lifting of Lenten restrictions, just for one day. Awww, come on! You can't expect a promise of abstinence to last for six whole weeks, can you? No wonder this day of green wearing and binge drinking has been embraced so much.

Traditional Irish dishes include Shepherd's Pie, Boiled Dinner with corned beef and cabbage, and Colcannon, con-

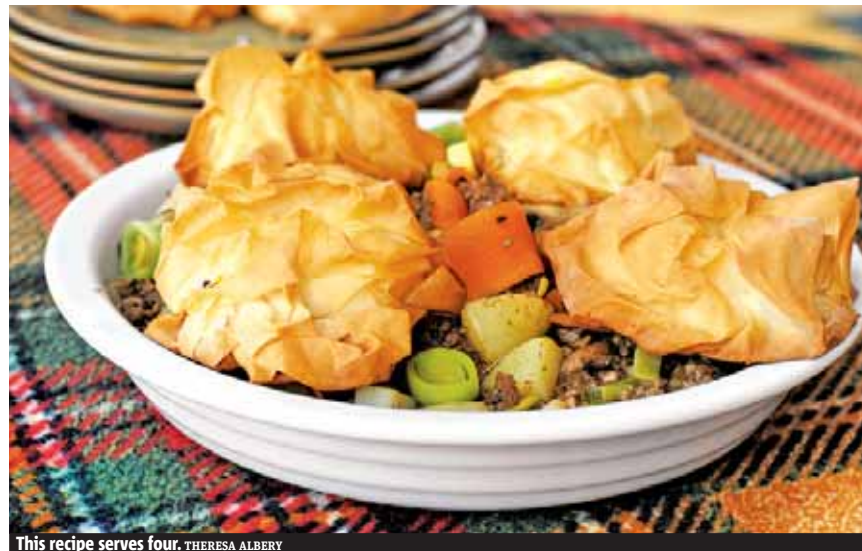
## Ingredients

- 4-6 slices phyllo pastry
- Extra virgin olive oil
- 1 1/2 lbs ground lamb
- 2 leeks, sliced
- 1 tbsp butter
- 1 white potato, diced small
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 2 tbsp flour
- 1 1/2 cups dark beer
- Salt and white pepper
- 1 carrot

sisting of mashed potatoes and cabbage. There are as many variations of these recipes as there are cooks but most are basic and use the affordable staples available in Ireland.

Potatoes are popular because they are plentiful, corned beef and cabbage can be stored during long periods of time or harsh weather and Shepherd's Pie can be made from practically any minced meat.

Irish meals are no longer boiled and boring, but historically, Irish culinary creations leaned toward a soft, bland outcome. Spices tended to in-



This recipe serves four. THERESA ALBERTY

clude, um, salt and pepper.

Thyme, parsley, rosemary, and sage are typical as are leeks, onions and garlic.

Whatever you make, pair it with green beer. It is a rite of passage, and as they say, "Everyone is Irish on St. Paddy's Day."

## Magic Shepherd's Pie

This pie is magic because, unlike traditional recipes, it comes together in less than 30 minutes —no layering of mashed potatoes or pastry required. It is simply a one-pot meal made with ground lamb while phyllo pastry puffs bake

in the oven to become a very pretty topping.

1. Turn oven on to 400 F.

2. Oil a baking sheet and take one sheet of phyllo into your oiled hands. Rub both sides of the sheet with oil and scrunch

into a loose ball. Place onto baking sheet and continue with remaining sheets. Drizzle additional tablespoon of oil over all pastries before baking. Bake for 10 or just until browned.

3. Meanwhile, brown ground lamb in a pot over medium-high heat and then empty to drain fat through a strainer. Set aside. Clean and slice leeks and add to the same pot with butter over medium heat, stir to soften. Add diced potato and stir for a couple minutes. Add rosemary and garlic powder, stir for one minute. Pour beer into a bowl and stir flour in to dissolve then add to pot and stir to thicken. Return meat to pot, salt and pepper.

4. Peel carrot into ribbons, directly into the pot.

5. Cover and simmer 15 minutes to cook potatoes. Empty into a pie plate and top with baked phyllo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM**

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# LEARNING CURVE

## Finding the right rhythm

*The best time to study for exams will vary from person to person*

You are staring at your academic calendar and it's time to slot in study time for that enormous exam. But would those notes be best retained when reviewed in the light of day or under the cloak of dark night?

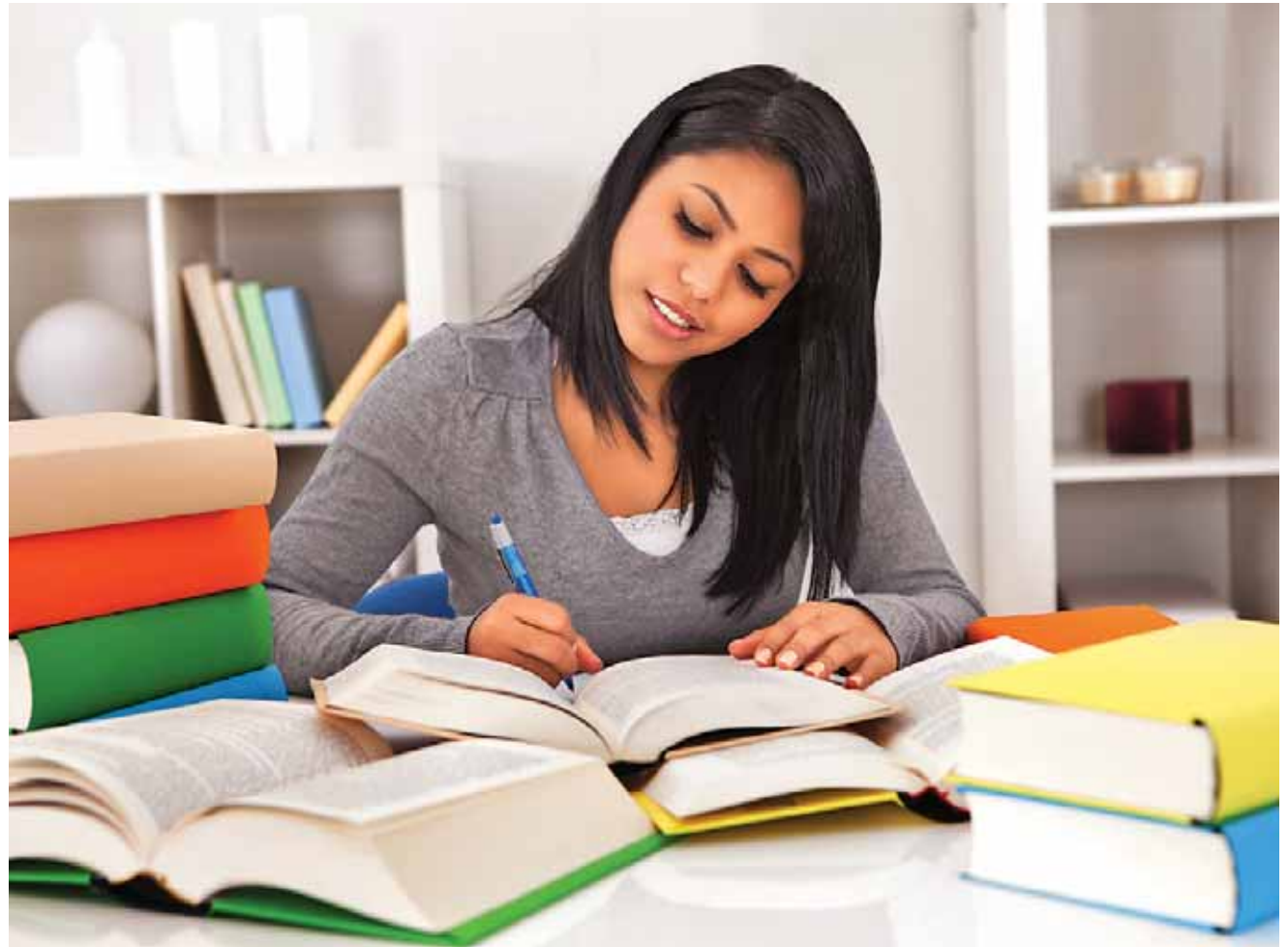
Jodi Nickel, chair and associate professor of the department of education at Mount Royal University, says the best time for study will vary from person to person.

"We all have rhythms that work best for our body," Nickel says. "Times when we're best able to focus and times when our energy level is low."

Nickel says the ideal study time for some students is the morning, when they are fresh and alert. But others will focus better in the evening when all other distractions of the day are over.

"However, if you know you're a procrastinator, you're likely to leave yourself too little time to study if you wait until evening," she says, suggesting this personality type might want to try to slot a time earlier in the day.

Rebecca MacPherson, a sessional instructor at Brock University, who recently completed her doctoral studies in Brock's faculty of applied health sciences, knows the struggles of a fierce session of studying.



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"Everyone is different and will have a different best time to study," says MacPherson, who admits that her study sessions were anytime other than the early morning.

"But whatever you do, don't wait until the last minute to study — start early and plan," she says. "Rewrite notes in short form to study from. If you can explain a concept to

a friend without looking at your notes then you know you are ready."

Constance Crompton, assistant professor of digital humanities and critical studies at the University of British Columbia, says that without advanced planning, discovering the perfect time of day for study will be of little use.

"Studying is a bit like going to the gym," Crompton says. "If you can set aside a regularly scheduled time to study, for example from 10 until noon on Mondays, Wednesdays and Fridays, then you won't have to spend the rest of the day anticipating a study session."

— Elizabeth Beddall



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## Paralegal training for a career edge

Heading back to school was a difficult, but obvious decision for paralegal graduate Tyra S. As a single mother working two jobs, she barely had any time to spend with her daughter.

"There was no kind of job security there and no long-term benefits," Tyra says. "I wanted to prove something to her, that school is a good thing. I wanted to be a role model, or more of one."

Inspired by the success of one of her good friends, who had recently graduated from Reeves College, Tyra decided to enrol in the paralegal program so she could better support her family. During her practicum placement, she worked alongside a review and assessment officer, where she had to meticulously document and ensure all files were correctly organized and that paperwork was completed and submitted punctually and accurately. Her hard work and dedication soon paid off when she was hired by the firm where she completed her practicum placement.

According to the Government of Canada, the "unemployment rate is relatively low in



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this field." With the job outlook projected to continually increase over the next few years, those passionate about pursuing a career in the legal industry should take advantage of this growth.

For more information on Reeves College's paralegal program, call 1-800-533-1457 or visit [study.reevescollege.ca](http://study.reevescollege.ca).

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"But in no time, you will be a skilled computer-aided drafter, well equipped to work with engineers, architects and other designers as you assist them in bringing their vision to a reality."

Jarvis says computer-aided drafters are in demand in countless industries.

Digital School is still accepting students for the spring class start.

Digital School specializes in computer-aided drafting and design training and all programs have been designed for students to complete their diploma in less than a year. The next intake is March 30, so contact Digital School to discover what your new career could look like.

For more information about Digital



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School and the programs offered, or to register for the spring intake, please visit [digitalschool.ca](http://digitalschool.ca).



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## Spring into a new career

Spring is the perfect time to start preparing for a brand new career. Academy of Learning Career College students can begin their occupational diploma programs throughout the year, so there is no need to wait until September.

"This convenience, coupled with Academy of Learning unique, effective and individualized self-paced, flexible scheduling means students are graduating and job ready faster," says Charles Jarvis, general manager, Academy of Learning.

"Whether it's a new career as a health-care aid, a community support worker or a legal administrative assistant, Academy of Learning has the options you're looking for."

Academy of Learning focuses on the needs of the students, and does this by offering continuous intake throughout the year, flexible scheduling and diversity in program options.

Students can also complete their program of choice in less than a year, so they are about to get out into the workplace much faster than students of many other institutions.

"Discover how Academy of Learning has helped thousands of Albertans find their perfect career in health care, business, technology and so much more," Jarvis says.

For more information about Academy of Learning and the programs available, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

## Studio 58 students in the spotlight

If you have always dreamed of a career in theatre, welcome to the stage at Studio 58 at Langara College in Vancouver.

Studio 58 is a professional theatre training program and provides intensive training for actors and production personnel at an industry standard.

As one of Canada's top training programs offering a conservatory style, the emphasis is on practical training with technique classes during the day and productions at night (a sold-out run of Oklahoma is just finishing).

Students in both the three-year acting program and the two-year production program learn all aspects of theatre, says Sherri Sadler, a spokesperson for the program.

Production students take acting classes so they have a good understanding of what it means to be an actor.

Conversely, acting students spend time on production crews.

By the time students receive their diplomas, they have worked with professional directors and designers and are prepared for



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a diverse career in theatre, film, television, and related arts.

Celebrating its 50th anniversary next year, Studio 58 has a successful placement rate with more than 90 per cent of students having agents and contracts at graduation.

The application deadline for upcoming auditions is April 10.

Auditions are being held in Toronto, Ottawa, Edmonton, Winnipeg, and Vancouver.



## Unlock your potential

Get a head start on your education this spring

Whether you need to upgrade or simply want to lighten your course load in September, get started in May with:

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UNIVERSITY OF ALBERTA  
FACULTY OF NURSING

# Interesting campus facilities in Canada

Do you think on-campus life is solely about snoozing, studying and stuffing yourself with pizza? Think again, because post-secondary schools across Canada are working to set the bar high when it comes to in-school engagement.

"Over 1,000 students a week are using our facility," says Cheryl Harwardt, director of operations for the University of Alberta's new Physical Activity and Wellness Centre. The facility, along with its numerous athletic offerings, boasts a 7,000-square-foot climbing centre for bouldering, climbing and repelling.

"The facility is the realization of a dream of forward-thinking, student-focused people working together to build a community here at the school," Harwardt says.

And it's not just athletic facilities that are helping to give Canada's campuses a colourful boost. The University of Guelph-Humber building in Toronto is home to a living wall on which sprouts such beautiful offerings as geraniums, hibiscus, fuchsia and ivies year-round. The space is

designed with the intention of providing students with a peaceful, serene place to study among the brick and mortar of a city campus.

Reba Noel, student engagement co-ordinator for Langara College in Vancouver, says the new think-tank spaces on campus are a unique and exciting resource that the school offers to both students and staff.

Noel describes Langara's ThinkTank hub as an open room with no stationary furniture, incorporating a standard projector and screen, a Polyvision smart board and two collaborative workstations with flat-screen televisions. The arrangement of the space allows users to configure it in whatever way that works for their needs.

"The fact that users can make it their own helps them feel more relaxed in the room, contributing to an increase in creativity and productivity," she says.

Since it's not designated solely as a classroom space, it has been booked for all forms of community gatherings, including club meetings, parties, and instructional sessions, making it an ideal beacon for



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student engagement.

"It can be a space where folks are quietly prepping or studying, or a space where

folks are talkative, joking, singing and playing games."

— Elizabeth Beddall

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## Robertson offers same program at a new lower price

Robertson College is now offering the same great health-care aide program, offered in the same great lab at a new low price.

"It is the best value in Edmonton with top instructors, teaching in the best classrooms at a great price \$5,995," says Henry Devlin, president and CEO, Robertson College.

### MODERN LABS

The new \$5,995 price for the Robertson College health-care aide program includes the price of tuition, books and equipment.

Robertson's modern health-care aide lab includes multiple client beds, to give students more time to practice skills.

Robertson College's career services will also assist students to find work after they graduate — and any time within their career.

For more than two years, Robertson College has helped a large number of people in Edmonton and Alberta find jobs in the health-care industry.

The lab environment in Edmonton is one of the best, featuring Hoyer lifts, mobility devices and IV units that give the students the relevant skills to take to the workplace.

"A grad is only as good as the lab they studied in," Devlin says.

This program has been designed for those who want to receive their certification quickly and be working in their field in less than a year.

"There has been a consistent demand for our graduates and this field continues to grow as the population continues to age," Devlin says.

"It is rewarding for people to be able to help others."

Robertson College strictly follows the provincial health-care curriculum.

"Full compliance ensures that our students are well educated and fully complies with the requirements set out by the government," Devlin says.

At the end of the program, students will take part in a six-week practicum.

This practicum gives students a chance to take what they learned in the classroom and apply it to real health-care settings.

Once students have completed the program and their practicum, they will be qualified to work as a health-care aide in hospitals and long-term care facilities across Alberta.

The next start date for this program is April 13.

For more information about this program or Robertson College, visit [robertsoncollege.com](http://robertsoncollege.com).



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Tue & Thu, 6:15 - 9:15 pm

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### Finish Your Basement - Spray Booth Workshop [HOME151]

**Mar 21, 2015**

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Fee: \$175.00

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For the most current information and listing of all part-time courses visit [nait.ca/ConEd](http://nait.ca/ConEd). Enrol today.

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# Be a change agent for sustainability

You don't have to be a director or CEO to become a change agent for sustainability at your workplace.

The leading sustainability at work course offered through the University of Alberta faculty of extension can teach how to become a change agent and help to care for communities, reduce waste, and conserve water and/or energy.

"It is not enough to just have one or two people try and advance ideas — it is about finding change agents to affect change in our communities and environment," says Emily Dietrich, program lead, outreach and engagement.

Dietrich says the extension instructor for leading sustainability at work course has been designed for ordinary people who have influence over their workspace — whether that is a classroom, office or shop — and has awareness for the commitments related to sustainability their organization has made and wants to learn how to fit into these.

"The common challenges that this person may see are waste of resources, inefficiencies, or opportunities to build community

## REGISTER FOR THE COURSES

The leading sustainability at work course takes place April 16-24 (Thursday and Fridays).

Those enrolled in this course can register without enrolling in a program, but the course can apply as 21 hours of elective credit towards the environmental resource management certificate program. This course is delivered in a face-to-face format at Enterprise Square (10230 Jasper Ave.).

around shared purpose," Dietrich says.

"This person uses systems or processes that use resources, and has also likely shown interest in taking action for the environment and/or actions to build community, create safe workspaces, or support workplace diversity and inclusivity."

Students will develop crucial skills such as perspective taking, facilitation, coalition



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building, planning and implementing.

This course will help to translate ideas into tangible actions that will be effective in the local context, as well as promote sustainability in one's personal life.

The course has been customized for Alberta-based workplaces with input from

the city of Spruce Grove, city of Edmonton, former participants of a similar program, Edmonton International Airport, University of Alberta and Government of Alberta.

For more information about leading sustainability at work course, please visit [extension.ualberta.ca](http://extension.ualberta.ca).



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- Oil & Gas Administrator

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# NorQuest College can help launch your career

NorQuest College is a recognized leader in academic upgrading.

Providing academic upgrading (AU) training in Edmonton for nearly 50 years, NorQuest College has helped prepare thousands of students for further education and rewarding careers.

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or to another institution, NorQuest can get you where you need to go in its student-centred environment.

"After graduating from the academic upgrading program I decided to stay at NorQuest because it is comfortable here and have gotten to know people," says AU grad Monica Janvier, who is studying in the business admin program. "Thanks to my NorQuest College education, I think I

now have a much better chance at getting a career."

NorQuest College is an accredited high school as well as a comprehensive community institution, offering Alberta education high school credit and equivalency courses.

NorQuest helps students at any stage of learning complete or further their studies to enter the workforce.

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Individual learning plans will help you meet your particular needs as quickly as possible, ensuring that you understand your learning path, and providing student services and supports along the way if you require them.

Nicholas Ashbolt  
AIHS Translational Health Chair in Water

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# Build a foundation in business

"I wanted something that had a lot of jobs that were in demand," says Mae T., accounting and payroll administrator graduate from CDI College. "I wanted something that I really enjoyed at the same time as well."

The accounting industry is on the lookout for meticulous individuals who have a thirst for solving puzzles. Each company has its own set of savings, expenditures, and other categories unique to its business. Through

bookkeeping, reviewing business activity, and other related tasks, accounting personnel will gain a thorough understanding of how and what many different organizations require to function successfully.

This invaluable insight is essential for those who would like to start their own business, like business administration graduate Terri D. But business is a dynamic field that is continuously changing, which

is why many of CDI College's programs include practicum placements so students can develop their skills and adapt them to real-world situations.

"You don't just have a book in front of you telling you what to do," Terri says. "You actually know what to do."

For more information on CDI College's programs, call 1-800-360-7186 or visit [study.cdicollege.ca](http://study.cdicollege.ca).

## What are you waiting for? Apply TODAY!



L to R – Sean Sonier, Warren Abbott, Erin Cassidy, Arash Ghorbani (seated), Markian Tarasiuk & John Cook. ONE FLEW OVER THE CUCKOO'S NEST, directed by Partick McDonald. Photo by David Cooper.

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## Step out of the classroom

Through the University of Alberta faculty of nursing, students have the opportunity to step out of the classroom and onto the streets to gain valuable experiences while working with vulnerable populations in Edmonton's inner city.

This includes completing their community clinical rotation with Boyle Street Community Centre and their Street Outreach team to give them a more rounded perspective of the health-care needs in their community.

"After my first day at Boyle Street Community Centre my eyes were wide open," says Vantanna Luh-Dudiak.

"There was so much of the city I knew nothing about and being given the opportunity to do anything within this community

made me feel like I was helping someone."

Luh-Dudiak also spent time at the George Shady Centre Society — a shelter and detox centre — to collect sputum for tuberculosis testing from the weekly intake of new detox clients.

Through this experience, Luh-Dudiak began to understand the importance of relationship building in nursing.

"I wasn't just curing a disease, I was actually applying a holistic approach of nursing that I had not fully understood until this moment," Luh-Dudiak says.

For many students, experiencing social justice in a way they never expected has changed the way they see the world and how they will practice as nurses.

For more, visit [uofa.ualberta.ca/nursing](http://uofa.ualberta.ca/nursing).

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\* Source: [jobbank.gc.ca](http://jobbank.gc.ca)



# The water revolution, a public lecture

Did you know that water is one of our most valuable natural resources? Or that Canada is home to 20 per cent of the world's freshwater supply? But in the last 100 years, almost nothing has changed in how water is used or treated.

Access to water is a basic human right. The school of public health at the University of Alberta is working to make sure our water is as clean and safe as possible — both in Alberta and around the world.

In celebration of Canada Water Week, the school of public health is hosting a public talk on our water systems on Wednesday 18 from 5-6 p.m. in the Edmonton Clinic Health Academy (11405 – 87 Ave.).

Nicholas Ashbolt, international expert, has studied water for more than 30 years, and has worked on five different continents, including Antarctica, keeping water and communities safe.

Join the University of Alberta during Canada Water Week for this public talk with Ashbolt. Learn how he is protecting the health of Albertans and finding ways to



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make our water and sanitation systems sustainable. It's free to attend and everyone is welcome. Take part in #TheWaterRevolution.

This event is hosted by the school of public Health and sponsored by Alberta Innovates — Health Solutions.

# The benefits of participating in improv during school

After mustering up the courage to audition for the school play in Grade 10, Laura Thornton, now 28, was approached by her drama teacher, who suggested she join a few other students at lunch hour to play improvisational games.

In a surreal turn of events, the group entered the Canadian Improv Games on a whim, won regionals and wound up representing Nova Scotia at the national tournament.

"I was hooked from my first practice and 12 years later still try to jam as much as possible," says Thornton, crediting her exposure to the spontaneous form of theatre to her success both academically and in the working world. She is the group sales co-ordinator for Neptune Theatre in Halifax, the manager of Halifax Circus and a freelance PR consultant. "Trusting my impulses allowed me to flourish in school," Thornton says. "I credit my improv background and training in helping me focus and stay committed to being the best I could be academically."

Thornton is not alone in singing the praises of improvisational theatre as a tool that helps to hone the skill of being a successful student.

Briana Rayner, national administrative director of the Canadian Improv Games, has witnessed young people flourish in this



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world of trust, openness and fun.

"I was working with a young woman who started improvising and what it gave her was an ability to be present," Rayner says. "So instead of being caught up in her own thoughts she was then able to stay present to those around her and listen more actively and to build on what they were saying. She was able to be with the people she was with and properly work with them."

Rayner adds that improv training can be invaluable to students who dread the approach of a school presentation, or who have trouble finding their voice when thrown into an assignment with a team.

— Elizabeth Beddall

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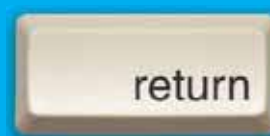
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NHL

## Stamkos' 3-point night helps Bolts hammer Habs

Steven Stamkos had two goals and added an assist and the Tampa Bay Lightning beat the Montreal Canadiens 4-2 Monday night in a matchup of the Atlantic Division's top teams.

Both have 93 points, but Montreal has played one game less.

Valtteri Filppula and Victor Hedman also scored for the Lightning, who have outscored Montreal 16-5 in winning all four games between the teams this season.

Montreal, which lost for the sixth time in eight games (2-4-2), got goals from Tomas Plekanec and Pierre-Alexandre Parenteau.

THE ASSOCIATED PRESS



The Oilers' Ryan Nugent-Hopkins fires a shot on Maple Leafs goalie James Reimer at Rexall Place on Monday night. For the story, go to metronews.ca.

JASON FRANSON/THE CANADIAN PRESS

# Jones tied for 1st place after Monday 'fun day'

**Curling.** Canada wins two matches to join Japan, Switzerland, Russia atop standings at world championship

Canada's Jennifer Jones earned two victories Monday to move into a first-place tie at the women's world curling championship in Sapporo, Japan.

The Winnipeg skip topped China's Sijia Liu 7-1 in the morning draw and then held off Russia's Anna Sidorova 7-5.

"I was happy with how we played — we finally had two games back to back where we played well and made some big shots and some big draws," Jones said. "It was a big win so we're happy."

Jones and her team of third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen were tied with Russia, Japan and Switzerland at 4-1.

In the late game, Canada went ahead to stay in the seventh end when Lawes made an in-turn draw behind cover that the Russians couldn't remove. That allowed Jones to make an open hit for two for a 6-3 lead.

Russia would pull within one with a pair in the ninth. But two perfect ticks from McEwen started the 10th end



Jennifer Jones' Canada rink face Aileen Sormunen of the U.S. (0-5) and Denmark's Lene Nielsen (0-5) on Tuesday in Sapporo, Japan. RYOSUKE UEMATSU/KYODO NEWS/THE ASSOCIATED PRESS

and Jones finished it with a draw to the button for the win.

"That was a fun day, it felt good," said McEwen. "We picked it up after our loss to Sweden (on Sunday) and it feels like things are starting to fall into place. We made some shots and Jen made a pistol there for the win, so that felt great."

In the early game against China, Jones scored a deuce in the third and added singles

## Canada's world drought

A Canadian team hasn't won gold at this event since Jones did so in 2008. Canada leads all countries with 15 gold medals and 31 podium appearances at the world championship since 1979.

in four of the next five ends. McEwen had a strong effort in both games. She threw

at an 88 per cent clip against China and was at 87 per cent against Russia.

China, Germany and Scotland were tied in fifth place at 3-2. Finland and Sweden were next at 2-3.

On Tuesday, Canada will play Aileen Sormunen of the U.S. (0-5) and Denmark's Lene Nielsen (0-5).

The top four teams at the end of round-robin play will advance to the Page playoffs.

THE CANADIAN PRESS

# 4 SPORTS

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# Season over for injured Wheeler

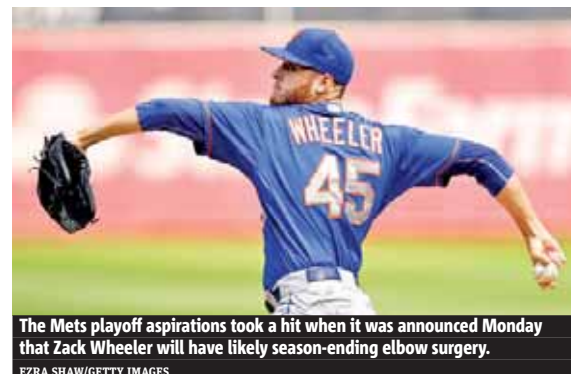
**Torn ligament.** New York Mets' hopes for World Series dim without star pitcher

Mets pitcher Zack Wheeler has a torn elbow ligament, a blow to a team hoping to compete for the playoffs following Matt Harvey's return from Tommy John surgery.

Mets general manager Sandy Alderson said Wheeler has a complete tear, all but guaranteeing the 24-year-old right-hander will need elbow-replacement surgery and miss the 2015 season.

"I feel terrible for Zack, especially the way he finished last year," Mets manager Terry Collins said. "For this to happen at this time, I'm sure he's really down about it. But we're going to have to move on."

Wheeler had MRIs of his



The Mets playoff aspirations took a hit when it was announced Monday that Zack Wheeler will have likely season-ending elbow surgery.

EZRA SHAW/GETTY IMAGES

elbow in late September, January and Saturday, and Mets general manager Sandy Alderson said the first two did not show any ligament damage. The team did not restrict Wheeler's throwing program during the first three weeks of spring training, even though there was concern about his elbow.

Wheeler had his latest MRI

on Saturday in Port St. Lucie. The scan was reviewed Monday at the Hospital for Special Surgery in New York and he was said to have a torn ulnar collateral ligament. The Mets said Wheeler planned to travel Monday or Tuesday to New York to confirm the diagnosis and discuss it with team medical director Dr. David Altchek.

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## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

If there is something you need to get finished, get on with it. When the Sun moves into your sign Friday there will be so many new things to focus on you won't have time.

#### ♉ Taurus

**April 21 - May 21**

Don't get annoyed if people get on your nerves. The problem is you, and the closer you get to Friday's eclipse the more sensitive you will be.

#### ♊ Gemini

**May 22 - June 21**

You usually manage to get what you want. The only problem is you may be so heavy-handed that even your friends will get annoyed. Think before you speak or act.

#### ♋ Cancer

**June 22 - July 23**

You will have no trouble asserting yourself but with Venus, planet of harmony, moving into the friendship area of your chart why not charm your way to success?

#### ♌ Leo

**July 24 - Aug. 23**

Do something dynamic over the next 24 hours. This is also a good time to take a vacation — so long as it's the kind where you are active.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

You will find it easier to talk to colleagues without some kind of fight breaking out now Venus is moving into a more positive area of your chart.

#### ♎ Libra

**Sept. 24 - Oct. 23**

How you react to people will determine how well you do financially and career-wise over the next few months. Go out of your way to find solutions to existing problems.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

Something you have been working on is no longer worth the effort, so let it go. Later this week a change of pace will be necessary. Slow down!

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Start something new today. When the Sun changes signs at the end of the week you will find it suddenly takes off — and your reputation will take off with it.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

If someone says something that annoys you today you must let them know you are not amused. Nip it in the bud.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

You have been unusually quiet of late but when the Sun changes signs on the 20th you will find your voice again.

#### ♓ Pisces

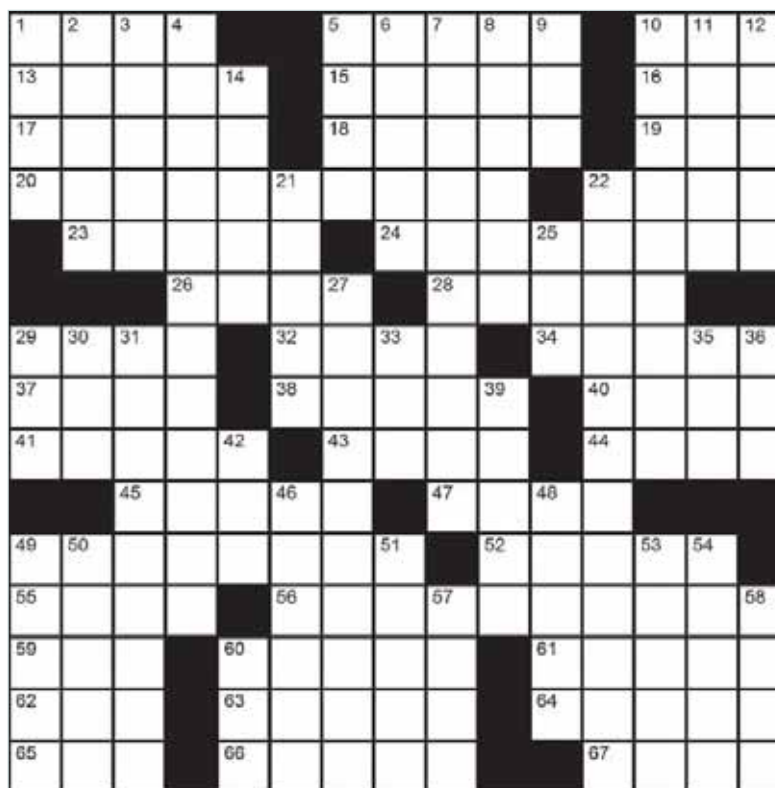
**Feb. 20 - March 20**

Put financial considerations first today, especially if you are the kind of Pisces who usually does not have a clue how much is coming in and how much is going out. Cut back on now or suffer later on.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Clutch
5. Style of dance
10. Peak of Crete, Mount \_\_\_\_
13. Soap star Ms. Sofer's
15. It's the 'Fountain' of "Three Coins in the Fountain" (1954)
16. Fam. member
17. "Oooh, go jump in \_\_\_\_!"
18. Encourages
19. "Monsters, \_\_\_\_" (2001)
20. Meal preparation item: 2 wds.
22. Mount of Greece
23. Prefix to 'metre'
24. Manitoba community northwest of Winnipeg
26. Audacity
28. Respond
29. Frolic
32. Condition
34. "The \_\_\_\_ Birds" ('80s miniseries)
37. "Bye!"
38. Keanu Reeves movie
40. Countryside creatures
41. Carpenters hit: "For \_\_\_\_ Know"
43. Rock band, \_\_\_\_ Earth
44. Miss White
45. Construe
47. Jazz singing style
49. AABBA pattern, fitting for March 17th
52. Tapestry wall-



- hanging
55. 'Origin' suffix
56. The \_\_\_\_ (Traditional band of Eire)
59. \_\_\_\_ mask (Spa offering)
60. Ms. Rimes
61. Worried

62. Prior
63. Goody-goody
64. Irritating individual
65. '75-premiering NBC show
66. Sub instrument
67. Nastassja Kinski title role

#### Down

1. 1. 'Tele' suffix
2. "The Beachcombers" role
3. Have \_\_\_\_ to grind
4. Product by since 1897 Canadian food

- brand Magic: 2 wds.
5. Ticket tidbit
6. Archer's need
7. Dancer's rehearsal wear: 2 wds.
8. Slender
9. Three-toed sloths
10. New Brunswick

- community, a place perfect for St. Paddy!
11. Crowded
12. Rio Tinto \_\_\_\_ (Montreal-based aluminum company)
14. Austrian actress Ms. Berger
21. Golden coatings
22. Theatrical stage area for musicians: 2 wds.
25. Consume
27. 1993 Jennifer Aniston movie with the tagline 'Your luck just ran out.'
29. Elvis record label
30. Well driller's exclamation!
31. GQ Magazine poser: 2 wds.
33. Actor Stephen
35. Speedwagon's lead-in
36. Australian state [acronym]
39. Morning drink selection
42. Eire's locale, for short
46. Roman orator
48. Conductor Mr. Rodzinski
49. Illuminators
50. "Where do \_\_\_\_?" (Direction-needer's query)
51. Sorta
53. Supermarket lane
54. Daggers
57. Power [abbr.]
58. Li'l water channels
60. 33.3 rpm-ers

### Yesterday's Crossword



#### Online

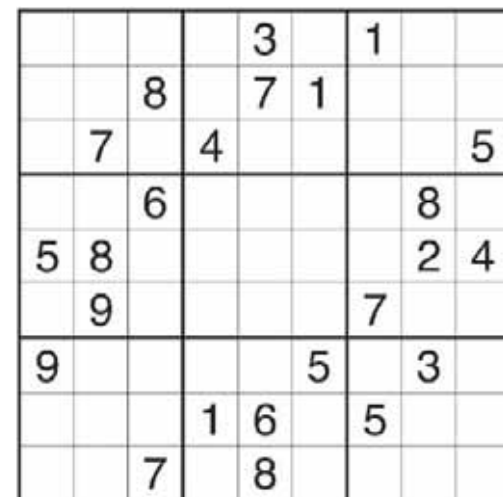
See today's answers at [metronews.ca/answers](http://metronews.ca/answers)

### Conceptis Sudoku by Dave Green

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



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